

THE ALCHEMY CLINIC MONTHLY NEWSLETTER



HELLO JANUARY

★
*January issue
highlights from our
Alchemy Insider*

Glow. Manage. Look Ahead.

Product Spotlight

Environ Hydrating Line



Winter is here! Between the blustery conditions, the drying effects of indoor heat or a wood stoves, accompanied by winters overall low humidity your skin may feel extra dry. If you have noticed increased roughness, flaking, itching, cracking, or perhaps a burning sensation to your skin, chances are your skin is lacking moisture.

Environ has FOUR amazing hydrating products in their Moisture Line that are perfect for this time of year.

Vita-Complex Super Moisturiser:

The Super Moisturiser contains a variety of dynamic moisturizers and emollients that may assist in enhancing the effects of the skin's barrier function, as well as its natural moisturizing factors. It results in skin that feels nourished and refreshed. It is ideal for dry climates and dehydrated skin.

Vita-Antioxidant Hydrating Oil Capsules:

These small but mighty capsules deliver a concentrated burst of vitamin-enriched hydration that may help to protect the skin against the damaging effects of free radicals, leaving it looking visibly refreshed and energized. The blend of retinol and antioxidants help to enrich the skin with its natural surface oils, give you a refreshed look.

HA Intensive Hydrating Serum:

This one is Jenn Flemings' favorite hydrating serum. This serum contains a high concentration of Hyaluronic Acid (a known moisture magnet) and



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may help leave the skin visibly smoother and plumper with more resilience. Suitable for all skin types, especially dry skin. Also, suitable for all ages but recommended for mature skin types.

Alpha Hydroxy Night Cream:

This thick cream contains a combination of fruit acids, also known as AHA's. The glycolic acid and lactic acid gently assist with the natural exfoliation of the skin associated with dehydration, revealing a smoother-looking complexion with a radiant glow. AHA's have also been shown to improve overall texture or skin leaving your skin feel smooth and fresh.

Nutraceutical: Best Night Sleep

Sleep is an essential element of overall well-being. With the hustle and bustle of life, sleep is sometimes sacrificed. Sleep allows our body to undergo essential healing for our physical and mental health. The brain consolidates memories, the immune system strengthens, and the body repairs itself during our sleep cycle. Quality sleep plays an important role in cognitive functions such as attention, problem-solving, and decision-making. Did you know that insufficient sleep has been linked to a range of health issues, including cardiovascular problems, obesity, and compromised immune function?

We can use good sleep hygiene to change our behavior and create a restful environment to support consistent and restful sleep. Some good sleep hygiene habits include: consistent sleep schedule, relaxing bedtime routine, comfortable sleep environment, limiting exposure to screens, avoiding heavy meals, caffeine, and nicotine close to bedtime, regular exercise, managing stress, and limiting naps. While changing sleep hygiene may



Nutraceutical: Best Night Sleep

help improve your rest, people often turn to sleep aids to help them with their insomnia. Best Night Sleep is a non-habit forming sleep formula consisting of L-theanine, melatonin, German Chamomile, Magnolia, Valerian, and Hops.

You might wonder how these ingredients help. L-theanine is an amino acid that occurs naturally in green tea. Clinical research indicates it can lower stress and improve both the time to get to sleep and the quality of sleep. It may also improve mood and mental sharpness. Melatonin is a major sleep hormone that is naturally released in the brain on a 24-hour rhythm that helps regulate your sleep patterns. Melatonin supplementation can further support your natural circadian rhythm and help you fall asleep faster. The other ingredients German Chamomile, Magnolia, Valerian, and Hops, work together to promote restfulness.

While changing your sleep hygiene may significantly help your sleep quality, Best Night Sleep may assist in achieving a restorative night's sleep. By restoring your sleep, you can enhance cognitive function, immunity, and improve your body repairing itself. You do not have to worry about a habit forming sleep aid leading to dependency, tolerance and increased doses for the same effect. Let's start 2024 off right by enhancing the quality of your nights and leave you waking up energized. Make the conscious choice to prioritize your well-being this year – invest in the rest you deserve with good sleep hygiene!

Upcoming Events

Coming in January: “The Alchemy Insider,” a monthly live virtual chat about aesthetic and wellness topics with TAC providers.

Our first “Alchemy Insider” is scheduled on January 3rd at 7:30 p.m. where we'll be talking all things Semaglutide and Medical Weight Loss as we step into the New Year. You don't want to miss this FREE event! Click below to RSVP!

RSVP Now



Alchemy Happenings

January is often a great month to set new intentions and goals. The girls at alchemy are participating in a little well challenge of their own. We recognize the benefits of adequate hydration and exercise, therefore a little friendly competition never hurt anyone right!!?

Hydration and exercise are both essential for the proper functioning of the human body. We know water makes up about 60% of an adult's body weight, and it plays a crucial role in many of the body's functions, including regulating body temperature, transporting nutrients, and aiding in digestion. Exercise is needed to help maintain a healthy body but it is also important to our mental well being and immune system.

A lack of both hydration and exercise can have serious consequences for our health. Even mild dehydration can cause symptoms such as fatigue, headache, and muscle cramps. Chronic dehydration can lead to more serious health problems, including kidney stones, high blood pressure, and even cardiovascular disease. A sedentary lifestyle has shown to have a wide-range of adverse impacts on the human body including increased risk of mortality, heart disease, cancer, and risks of metabolic disorders such as diabetes, high blood pressure and risk of increased musculoskeletal disorders.

So, we will be challenging ourselves to increase our daily water intake and exercise. Jess has no problem with daily exercise while she is terrible at hydrating. Jackie pushes water (and encourages us to all do the same!) but maybe can use a little motivation to get up and do her morning workout. Our goal is to commit to drinking at least two liters of water per day and exercising for at least 30 minutes four times per week. The overall winner will get bragging rights and our favorite Thai takeout for lunch.

Mindfulness

Let's chat mindfulness in today's busy world! Let's be honest, life can feel chaotic and often times, in the rush to accomplish necessary tasks, you may find yourself losing your connection with the present moment—missing out on what you're doing and how you're feeling. But...we don't have to! In simple terms, mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment.

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Mindfulness

Mindfulness works, in part, by helping us towards accepting our experiences and emotions rather than react to them with aversion and avoidance. Taking a moment to honor who you are and what you are needing is important to your greater well-being.

If greater well-being isn't enough of an incentive to practice, scientists have discovered that mindfulness techniques help improve physical health in a number of ways. Mindfulness can: help relieve stress, lower blood pressure, reduce chronic pain, improve sleep, and alleviate the stress around emotional regulation.

All it takes is a gentle shift in perspective, so why not do it together!

Take a peek at our Alchemy Challenge this month & try adding one of the following to your EVERY day:

- Practice Acceptance
- Stay Present
- Mindful Deep Breathing (10 minutes a day)
- Gentle Meditation
- Small Dietary Shifts (healthier options)
- Place pen to paper and journal your thoughts
- Spending a few moments in quiet and just allow yourself to 'just be'

Share one consistent change a day to create a healthier, happier, mindful life by tagging us @thealchemyclinic with your mindful tips and tricks as we support one another in this month's challenge!

